



Thrift Savings Plan augments retirement Air Force Print News

AIR FORCE PRINT NEWS

RANDOLPH AIR FORCE BASE, Texas - The Thrift Savings Plan's automatic and matching contributions form a key part of the Federal Employees' Retirement System, or FERS, offering federal civilian employees opportunities to increase their retirement income.

FERS civilian Thrift Savings Plan account holders automatically receive a deposit equal to 1 percent of their basic pay each pay period once they are eligible. They also receive matching agency contributions up to 4 percent if they contribute at least 5 percent of their own money.

"These payments into a FERS employee's account along with the Thrift Savings Plan's investment flexibility and fund options make it a potentially valuable part of a retirement nest egg," said Janet Thomas, a human resources specialist at the Air Force Personnel Center here.

The other two parts of the FERS retirement program consist of a basic benefit plan, which considers basic pay, length of service and other factors to determine a monthly annuity and Social Security benefits.

TSP, also open to Civil Service Retirement System federal employees, provides two investment programs for civilians: regular TSP contributions and TSP catch-up contributions for eligible employees age 50 and older.

Some plan highlights for 2006 include:

- Employees covered by FERS and CSRS may contribute up to \$15,000 to a regular TSP account. They may designate any whole percentage of basic pay or a whole dollar amount each pay period. However, if a whole dollar amount is designated and the amount exceeds remaining salary after mandatory and other voluntary deductions that occur ahead of TSP contributions, no TSP contributions will be withheld, and, if FERS, no agency matching contributions will be received.

- People age 50 or older, in a pay status, and who can certify they have contributed (or will contribute) the full \$15,000 maximum to a regular TSP account or other 401(k) plan may contribute an additional \$5,000 as catch-up contributions.

- Eligible individuals may enroll, change, stop or resume catch-up or regular contributions at any time during the year.

- The last day civilians may submit a catch-up contribution election for calendar year 2006 is Dec. 9. Catch-up contribution enrollment for 2007 will be available beginning Dec 10.

"To maximize agency matching contributions, FERS employees must contribute an amount equal to 5 percent of their basic pay each pay period," Ms. Thomas said. "Early large contribution attempts to maximize earnings usually fall short of the value of lost agency matching contributions."

Air Force-serviced civilians will submit enrollment elections or changes for regular TSP or catch-up contributions via the Employee Benefits Information System Web application or the BEST automated phone system. Instructions on how to access these systems are on the BEST Web site.

OUCH!

Quit buggin' me!

By STAFF SGT. CHAWNTAIN SLOAN
GUNFIGHTER PUBLIC AFFAIRS

It's 6 a.m., and after hitting the snooze button for the third time, you finally manage to force yourself out of bed and into the bathroom. Still wiping the crust from your eyes, you pull back the shower curtain, but just as you reach to turn on the shower, your heart nearly jumps out of your chest and you almost fall backwards. Staring up at you is an unsettlingly large, ferocious-looking spider.



BUGS THAT CAN HURT YOU

FACTS	PREVENTION	IF BITTEN OR STUNG	REMEDY
Wolf spiders <p>Wolf spiders are large hairy spiders, up to three to four inches across. They are a mottled gray-brown color, which helps them hide in sand, gravel, leaves and other debris. Female wolf spiders carry their young on their backs. Except for one group, wolf spiders don't spin webs. Instead, they roam at night to hunt for food. They are aggressive, come after their prey and are fast runners. Because of their impressive size and aggressiveness, wolf spiders can easily incite panic.</p>	They are commonly found around doors, windows, house plants, basements, garages and in almost all terrestrial habitats. Use fossil shell flour, called diatomaceous earth, in a rubber bulb-spray dispenser. Apply the substance in corners, under ledges and other places spiders may be. It will kill any spiders already there and any others that try to take up residence.	There is pain or burning at the bite site in the first 10 minutes. Bites from a wolf spider can cause pain, redness and swelling. The large jaws or fangs can cause a tear in the skin as they bite. The bite is usually described as looking like a "target" or "bull's-eye." The center of the wound is usually a blister surrounded by a reddened area. A pale or blanched area may surround the discolored reddened area. The blister may rupture, leaving an open ulcer. Swelling and pain can last up to ten days.	This one is going to burn right away. Most importantly, keep the wound clean to prevent infection. If the wound does not heal or does develop an infection, see your physician. Do not wait days and weeks while the wound continues to get worse.
Western widow <p>(Commonly known as a black widow)</p> <p>In the United States, no deaths from a widow spider has been documented for more than 20 years. The pain is most profound in the first 48 hours and should subside gradually over the next four to five days.</p>	Widows are passive and will bite only if grabbed or squashed against the skin. Don't use pesticides. Use fossil shell flour, called diatomaceous earth, in a rubber bulb-spray dispenser. Apply the substance in corners, under ledges and other places spiders may be. It will kill any spiders already there and any others that try to take up residence.	You're going to feel this one. Often, there are no immediately visible signs. Later, a pale mark surrounded by a red ring may appear. Severe muscle pain and cramps may develop. Other symptoms could include weakness, sweating, headache, anxiety, itching, nausea, vomiting and increased blood pressure. Symptoms can last several days.	Wash the wound, apply cool compresses (no direct ice) and take pain medication. A baking-soda paste will help with the itching. People with high blood pressure should seek medical attention.
Hobo spider <p>The northwestern brown spider or hobo spider (<i>Tegenaria agrestis</i>) is well known in Pacific northwest.</p>	Measures aimed at controlling hobo spider populations should start by eliminating suitable habitat around infested areas. In the late summer and early fall these spiders (particularly females) and their webs can be found beneath rocks, wood, lawn ornaments and debris; hobo spiders inhabit the undersides of objects such as this, and require a small amount of space between the soil and the bottom of the object chosen as a web site.	The hobo spider often causes a bite that leaves an open, slow-healing wound. There is pain or burning at the bite site in the first 10 minutes. The bite from this group is usually described as looking like a "target" or "bull's-eye." The center of the wound is usually a blister surrounded by a reddened area. A pale or blanched area may surround the discolored reddened area. The blister may rupture, leaving an open ulcer. In severe cases the ulcer can become deep and infected causing tissue breakdown or tissue death (necrosis).	This one is definitely going to be felt. The most important thing to do is keep the wound clean to prevent infection. If the wound does not heal or does develop an infection, see your physician. Do not wait days and weeks while the wound continues to get worse.

See OUCH, Page 9



PHOTO ILLUSTRATION BY SENIOR AIRMAN BRIAN STIVES

The Volkswagen Passat belonging to Staff Sgt. Christina Jamieson, 366th Aircraft Maintenance Squadron, burned just outside the main gate Aug. 2

Airman's car catches fire outside front gate

STORY AND PHOTO
By 1ST LT. ERIN TINDELL
GUNFIGHTER PUBLIC AFFAIRS

An Airman's car caught fire less than a mile outside the base's main gate Aug. 2 minutes after the Airman reported smoke coming from underneath her dashboard.

Staff Sgt. Christina Jamieson, 366th Aircraft Maintenance Squadron, was driving to base about 6:40 a.m. when she recognized a strange smell inside her car.

When she was waiting in bumper-to-bumper traffic on Airbase Road to get through the front gate, she noticed white smoke seeping through her cup holders. She managed to go from the left lane to the shoulder after another driver let her change lanes.

Sergeant Jamieson then called her friend Tech. Sgt. Steve Caudill, 366th Maintenance Operations Squadron, who instructed her to pull over and feel her dashboard for any heat.

"I leaned over and felt my dash and didn't feel any heat, but noticed a small flame between the seam of my dashboard and my heat and air conditioning control panel," she said. "I grabbed my stuff, jogged a little way down the road and called 911."

Within two minutes, her Volkswagen Passat was engulfed in flames.

Base agencies, including fire and security forces units, were dispatched to the scene immediately after the car caught fire.

"When we arrived, the vehicle was [completely] on fire," said Master Sgt. Brian Green, base fire department. "Luckily the driver was not injured."

Initial assessments indicate the cause of the fire to be electrical, but Sergeant Jamieson is still waiting on an official report from local authorities. In the meantime, she's thankful for escaping the vehicle unharmed.

"I've gone over in my head all the different scenarios that could've happened, and I'm extremely lucky things worked out the way they did," she said. "I came out smelling like burnt plastic and a little traumatized but that was it and I didn't lose anything terribly important."

VEHICLE SAFETY PRECAUTIONS

Two common causes for vehicle fires not associated with an accident are electrical and mechanical failure often resulting from neglecting proper maintenance or poor workmanship. The base fire department recommends following these tips for preventing vehicle fires:

- Maintain your vehicle in good mechanical condition.
- If you notice something not quite right in the way your vehicle is performing have it checked out as soon as possible. An ounce of prevention is worth a pound of cure.
- When modifying your vehicle make sure to research what all it entails including compatibility and if it is beyond you or your friend's capabilities have a reputable auto shop accomplish the modifications.
- Have a fire extinguisher in your vehicle.
- An ABC rated dry-chemical fire extinguisher works best for most uses.
- Consider at least a 5-pound extinguisher. Smaller ones are less expensive, but they are only effective on very small fires.

UCI Countdown – 9 Days

With only one week remaining until the Unit Compliance Inspection, all compliance issues that can be resolved are, and it's time to focus on the reception.

First impressions are important. Dress and personal appearance must be stressed. Now might be the perfect time to replace that old, worn out set of BDUs. Even though you may not be directly interviewed by the inspector general team, there are enough inspectors on base that you may encounter one at some point during the week.

Use the next week to clean up work areas. Place special emphasis on the exterior of the building and parking lot, since they will be the first areas seen by the IG team. It doesn't take a lot of time to eliminate weeds and garbage - if we work together as a team.

As always, call the 366th Fighter Wing plans and programs office if there are any questions.

- Maj. Michael Arnold, 366th Fighter Wing plans and programs

Squadron commander explains importance of leaving clean slate when PCSing

• Page 2 •

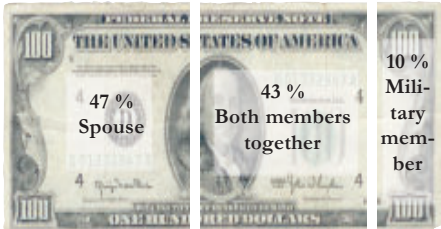
203 Gunfighters selected for promotion to staff sergeant

• Page 3 •



SNAPSHOT

Who "sets" the monthly budget in military households?



Source: GmCHouse.com Graphic by Senior Airman Brian Stives

Change is our culture

Providing a smooth transition for unit members during change of command

BY LT. COL. JEFF PRICHARD
390TH FIGHTER SQUADRON

While looking around my neighborhood on base, I noticed a lot of new faces moving in. Many of these new faces are new squadron commanders and their families.

If you haven't noticed over the past few months, the leadership within the 366th Fighter Wing has undergone a major change. The wing commander, vice wing commander, three of the four group commanders, the Air Warfare Battlelab commander and 10 out of 21 squadron commanders are new to the job.

I'm sure if you look around your unit, flight or shop, you'll notice numerous personnel changes due to the summer permanent change of station cycle. You see change happening everyday in your work areas, supervision and in your own life as you move on to other assignments and leadership positions.

So if change is inevitable, sooner or later you'll have to turn over your job to someone new. What should you do to ensure your section and unit remains successful while the changeover is happening? What are some of the areas you as the outgoing leader need to do to prepare the incoming leader for success?

I happen to be three months out from turning over my squadron to a new commander who has never been to Mountain Home. In that time, I need to prepare the squadron to execute while the new commander moves into his house, gets his children registered for school and community activities and also allow him and his wife the time to get a feel for the Gunfighter tempo. The major areas I'm going to focus on are manpower, projects, processes, and mission or air expeditionary force preparation.

The most important asset a leader has is manpower - his Airmen. It's the Airmen within the unit who provide the stability and smooth execution of the mission during a leadership transition. In my case, the director of operations, flight commanders and section chiefs are all keys to the unit's success while the new commander gets his feet on the ground.

So what are my, the outgoing leader, responsibilities in the issue of manpower? First, I must provide feedback to every individual I directly supervise, whether an OPR or EPR is required. The feedback should include the person's strengths, any areas requiring improvement and a fair assessment of future potential for leadership opportunities.

Next, I need to do any required job moves, particularly at the supervisor

level or above, so the individual has the experience prior to the leader transition. Other areas include their status of training, overall qualifications, upgrade flow, and TDY or PCS moves affecting the overall manning.

Last but not least, I will try to complete all the disciplinary actions needed in the squadron, so the new leader doesn't have to deal with this on their first day.

The second area I will focus on is projects. Handing over the chaos is not the objective. Therefore, I need to complete the projects I've started and have the current status of any ongoing projects I can't complete. Open projects should have a project officer identified so the incoming leader can get updates and make any inputs to the plan without having to get deep into the details.

Next, I need to evaluate the unit's processes and identify the successes, as well as challenges. I will look at the processes having challenges and prioritize the ones I can fix in order to

get them corrected prior to the changeover. For those that cannot get corrected, I will have a list ready for the incoming leader identifying the office and individual responsible for making the corrections.

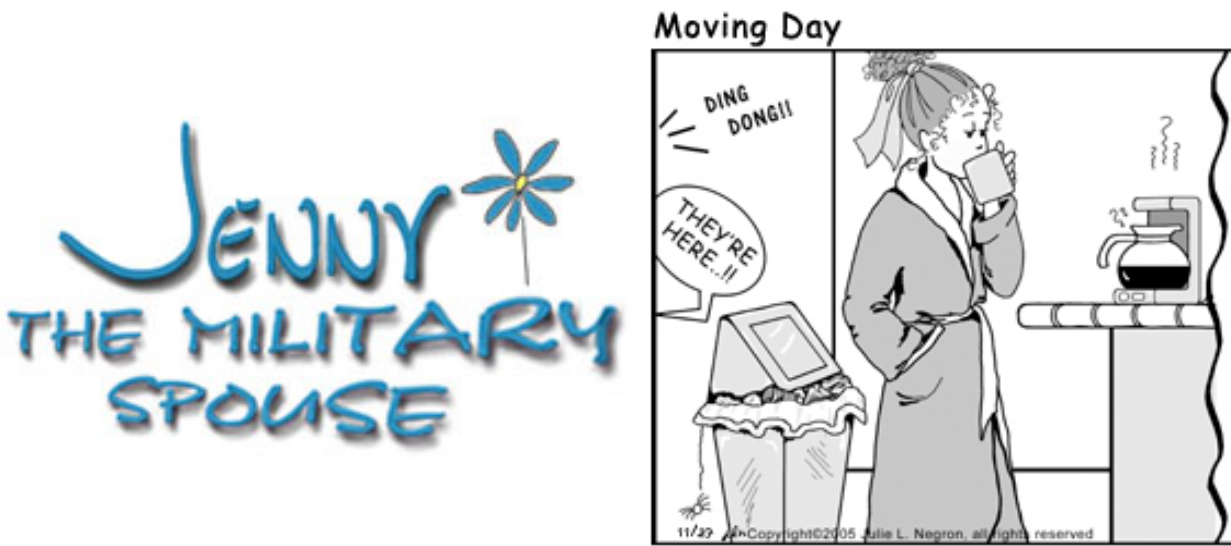
Last, but definitely not least, is overall mission execution and AEF training timeline. With the operations tempo in most units, this is the area I spend most of my time and resources balancing daily. This is the part requiring a roadmap of the unit's AEF cycle timeline and a training plan outlining the short, mid and long-term goals and objectives. I must prepare the new leader to understand where the unit is in the AEF process and how the unit will have its Airmen ready to deploy on time.

The bottom line is that change is always taking place in our Air Force. I believe it's the change in leadership at all levels that keeps our units on the cutting edge of innovation in both technology, as well as process enhancement. I also believe changeover is successful, in large part, due to the outgoing leader's preparation in handing the reigns over.

By providing feedback to his subordinates, completing projects, evaluating and correcting process deficiencies and ensuring the new leader has a roadmap of the unit's battle rhythm, I think the outgoing leader can tie up the loose ends and allow the new leader the opportunity to focus on the future versus the past.

"I'm sure if you look around your unit, flight or shop, you'll notice numerous personnel changes due to the summer permanent change of station cycle. You see change happening everyday in your work areas, supervision and in your own life as you move on to other assignments and leadership positions."

LT. COL. JEFF PRICHARD
390TH FIGHTER SQUADRON



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Dietary supplements

Nutritional or performance-enhancing – are they a blessing or curse?

BY COL. GEORGE NICOLAS
325TH MEDICAL GROUP

In our new air expeditionary force culture, an increasing number of duties and decreasing number of Airmen demand new-found levels of excellence in all areas of life. Technical ability, time management, critical thinking and physical stamina are but a few areas we must constantly work on to operate at peak performance levels.

Being overzealous to be the best, we all look for ways to enhance ourselves. One of the areas some concentrate on most is increasing physical stamina.

A solid exercise routine, nutritionally balanced diet and rest-cycle plan is key to any physical training endeavor. The nutritional balance portion of any plan is not real difficult for the average person, but those who want that edge can be attracted to nutritional or performance-enhancing supplements.

Today's marketing of these products can be very seductive, which is why they are so popular.

The supplements industry brings in more than \$1 trillion a year and is essentially unregulated due to the 1994 Dietary Supplement Health and Education Act. Manufacturers of these products are not held to content, concentration or purity standards. Just because something is deemed natural or organic does not automatically make it good for you.

There has been a recent increase in Airmen purchasing performance enhancing supplements online. It is very important that all Airmen realize these products are not regulated by the FDA or any government entity, and many of these products are banned by Air Force regulations.

They can contain ephedrine, hemp extract or

even anabolic steroids, which really carry a serious safety risk for people who use them, even short term, in hopes of increasing their physical performance.

"These products are dangerous and will often cause severe medical problems such as liver failure, kidney failure, heart damage, stroke and hormonal imbalances within a month of their use," said Capt. Richard Greco, 325th Medical Group Family Practice physician. "They can also cause sleep disturbance and even sexual dysfunction."

One \$50 bottle of a performance enhancing supplement taken for more than a month can easily result in \$16,000 in medical bills and lost duty time, not to mention the possibility of a liver transplant to save a life.

Many of these supplements have medicinal properties that can and do interact negatively with prescribed medication as well as directly affect critical organs like the heart, liver and kidney.

Most importantly, all Airmen should avoid commercially available performance enhancing supplements. They are marketed under various names and often contain ingredients that are in violation of Air Force regulations and could ruin a career or a life.

While not all supplements are bad, get as much information as you can from the professionals. Research the product. A good place to start is www.fda.gov. A product that sounds too good to be true, probably is.

Airmen interested in improving their performance should make an appointment with their primary care manager and visit the health and wellness center.

If you know a fellow Airman who is taking one of these products, especially the performance enhancers, be a good wingman and advise them to stop using them and see their primary care manager.

COL. GEORGE NICOLAS
325TH MEDICAL GROUP

"One \$50 bottle of a performance enhancing supplement taken for more than a month can easily result in \$16,000 in medical bills and lost duty time, not to mention the possibility of a liver transplant to save a life."

COMMANDER'S HOTLINE

This hotline is your direct line to us. It's your opportunity to make Mountain Home Air Force Base a better place to live and work. We review every response to hotline questions, but functional experts prepare most responses. If possible, you should first contact the organization responsible for the problem or function. Your first sergeants, commanders and agency chiefs want to help, so please let them try. If you do not know how to proceed or if you have already tried your chain of command, then do not hesitate to contact the Hotline at 828-6262 or e-mail CommandersHotline@mountainhome.af.mil. Not all hotlines are published, but if you leave your name and phone number or e-mail address, we will make sure you get a reply.

COL. ANTHONY ROCK
366TH FIGHTER WING COMMANDER
AND
CHIEF MASTER SGT. ALLEN NIKSICH
366 FW COMMAND CHIEF



COL. ANTHONY ROCK AND CHIEF MASTER SGT. ALLEN NIKSICH

LAST DUI

(CURRENT AS OF THURSDAY AFTERNOON)

366th Aircraft Maintenance Squadron

Days without a DUI:

11

AADD made 53 saves in July, and 752 so far this year

(Courtesy of AADD)

AWARDS

	2005	2006
Air Force	20	0
ACC	33	8
12th Air Force	12	0

THE GUNFIGHTER

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Deadlines: All articles intended for publication in "The Gunfighter" must be submitted to the 366th Fighter Wing, Public Affairs Office, 366 Gunfighter Ave., Bldg. 512, Suite 314, Mountain Home AFB, Idaho 83648, by noon Friday. All submissions will be considered for publication based on news value and timeliness. Every article and photograph will be edited for accuracy, clarity, brevity and appropriateness. All articles will be edited to conform with the AP Stylebook and Label Manual as stipulated in Air Force Instruction 35-101.

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Senior Airman Brian Stives Editor, The Gunfighter

Coverage: Coverage of upcoming events should be arranged in advance by calling the public affairs office at 828-6800 or by sending an electronic message to pa.news@mountainhome.af.mil.

Classified Ads: Free classified advertisements of a noncommercial nature are published in "The Gunfighter" on a space-available basis. Free advertising is limited to Air Force people (active and retired), Department of Defense civilian employees and their family members. Ad forms are available in Bldg. 512. Deadline for free classified advertisements is 5 p.m. Monday.

Air Force announces staff sergeant promotions

More than 200 Gunfighters selected for promotion to NCO ranks

RANDOLPH AIR FORCE BASE, Texas - The Air Force has selected 13,298 of 37,071 eligible senior airmen for promotion to staff sergeant, a 35.87 percent selection rate.

“These Airmen have shown they are ready for the next phase of their career,” said Chief Master Sgt. Rusty Nicholson, enlisted promotion and military testing chief at the Air Force Personnel Center here. “This group has proven through performance and preparation the desire to serve as the

Air Force’s newest NCOs.”

The Air Force released the promotion list Wednesday. The complete list of selectees is posted online at <http://ask.afpc.randolph.af.mil>.

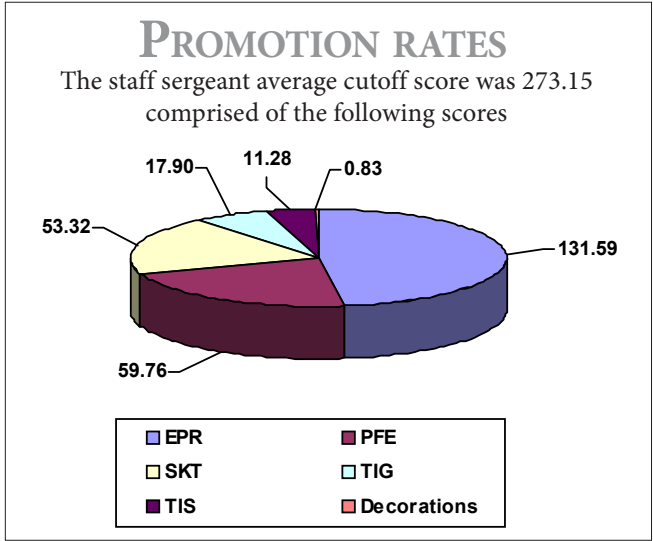
To enhance customer service, beginning with this promotion release eligible Airmen who tested will find their Weighted Airman Promotion System score notices posted on their Air Force Portal personal page and on the virtual Military Personnel Flight. The WAPS score notices are currently available.

Upon accessing the Air Force Portal, eligible Airmen will see a WAPS score notice link that will direct them to their 2006 score notice. The score notice will be posted on the Portal for 10 days; after the 10 days the score notice will only be located on vMPF.

“The Air Force is making a conscious

effort to direct Airmen through the Air Force Portal to view their scores,” said Chief Nicholson. “During the last promotion announcement the Air Force realized more than half the people accessing their scores were going through the Portal, so we decided to make the process easier by providing the website upfront.”

Score notices allow Airmen to see how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against those they’re directly competing with for promotion within their Air Force



Specialty Code.

The average selectee has 2.02 years time in grade and 4.59 years in service. Those selected will be promoted to staff sergeant from September to August 2007.

GUNFIGHTER STAFF SERGEANT SELECTS

366th Fighter Wing Romeriza Miguel	Andrew Benjamin Deloris Jessel Joseph Koczarski Nicholas Madison Jeremiah Pike Jonathan Tom Joseph Wilkinson	Joseph Christopher Eric Coleman Jeremy Coppock David Davis Jeremy Dodd Steven Gilbert Christopher Graves Billy Grubbs Michael Hanley Michael Hayes Larry Hines Brandon Holley Robert James Timothy Knighting Joshua Krohn Arturo Languren Sean Little Matthew Marlow Jennifer Miller James Nilsen Justin Nowacki Nimi Peterson Melissa Pluta Andrea Porter-Chatman	Norindeth Dek Steven Henson Thomas Imlay Matthew James Nickolas Kupper Ryan Lori Maria Maravelias Robert Martin Mitchell Martinez Jeremy Salisbury Cari Schoemann Paul Scott Michael Shumway Gregory Smith Joshua White	366th MOS Patricia Anthony Moses Victoria
366th CPTS Albert Brooks Jr. Jennifer Peterson Patrick Weaver				
366th Medical Group 366th ADS Catherine Ramiso	366th LRS Francisco Estrada Martin Flora Ryan Hendrickson Sean Henry Calvin Holtmeyer Courtney Michels Randy Moorhouse Eric Norris Azalia Scott Jeffrey Steeck James Williams Riley Williams			
366th MDOS Deeahna De La Rosa Amber Doll Amanda Smith Warren Williamson Michelle Wills				
366th MDSS Matthew Anderson Melissa Blazvick Carlo Tiano				
366th Mission Support Group 366th CES Padilla Alatorre Bradley Hanlon Christabell Hermsdorf Theresa Hochstein Christina Kling Brian Layton Gregory Lutrell Brian Maas Nicholas Malard Henry O'Neill Eric Owens Samuel Sells Joshua Trayers Richard Wharton Jason Young Nathan Zahn				
366th CONS Danielle Mullin				
366th CS Jacqueline Allen Leslie Ambrus				
	366th SFS Daniel Bates Tony Bradley Hayden Crawford Jeffrey Howard Erin Lannaman Luis Muniz II Christopher Reeves Matthew Smith			
	366th SVS Laura Yancey			
	366th Maintenance Group Matthew Schuyler Peter Sterling Jung Wu			
	366th AMXS Christoffer Armour Anthony Barrett Steven Brooks Matthew Carlson Catterlin Ryan			
		366th EMS Sean Burdette Stephen Cook III Jarid Cress Aaron Delhotal Aimee Desch Nicholas Dillenbeck Stephen Earl Nathan Ehardt Eric English Ryan Fraser Joshua Grier David Hambaugh Aaron Hurd Lisa Kroiher Kevin Louie John Martinsen Russell Massie Stanley Mays Jesse McAlister Jared McGowen Steven Panyan Robert Perry Michael Ramich Joshua Rankins Eric Rodriguez Luke Ruziska Benjamin Schuerman Leland Smyth Nathan Streight Jason Sussex Matthew Thompson Quillie Trott Jr. Christopher Webb	366th Operations Group 366th OSS Matthew Agle Nathan Chaffman Amy Hayes Desiree Haynes	389th FS Buck Frank Joshua Patten Lahella Sanchez
			390th FS Joseph Price	
			391st FS Shelly Lutrell	
				726th ACS Matthew Carroll Phillip Cato Iann Cummings Joseph Dorey Dallas Dugan Jason Eldridge Eli Gill Sheryln Homod Brian Hooper Nolan Johnsen Kevin Lancaster David Lawrence Mitchell Meis Harriet Monroe Brian Muhlenkamp Jennifer Plaisted Michelle Resurreccion Thomas Rich Jeremy Ringuette Kevin Rogers Landan Simpson Kenneth Stewart Boris Swanigan Eric Wachtel Marcus Washington Jennifer Watson

- ### IN THE SPOTLIGHT
- ALS graduates**
- Congratulations to the following Gunfighters on their recent graduation from Airman Leadership School:
- Levitow Award winner**
SENIOR AIRMAN SARA VAIRA
366TH EMS
- Distinguished Graduate**
SENIOR AIRMAN JEREMY OLIVIER
366TH OSS
- Distinguished Graduate**
SENIOR AIRMAN JOEL ESCHENBACHER
366TH CMS
- STAFF SGT. DARYL ASPIRAS**
366TH SVS
- SENIOR AIRMAN MAXIMILLIAN LOPEZ**
366TH CS
- SENIOR AIRMAN CELSO LUJAN**
366TH CES
- SENIOR AIRMAN MARK LYON**
366TH CMS
- SENIOR AIRMAN AMY MANJARRES**
366TH LRS
- SENIOR AIRMAN ANDREA PORTER-CHATMAN**
366TH AMXS
- SENIOR AIRMAN TREVOR PRENTICE**
366TH AMXS
- SENIOR AIRMAN JEFFREY SNUFFIN**
366TH EMS
- SENIOR AIRMAN WILMER TIBURCIO**
726TH ACS
- SENIOR AIRMAN CHRISTOPHER TURNER**
366TH CES
- SENIOR AIRMAN ROBERT BROCK**
366TH CES
- SENIOR AIRMAN KEITH BURKE**
366TH FW
- SENIOR AIRMAN PAUL COLE**
366TH SFS
- SENIOR AIRMAN MORRELL COLQUITT**
366TH MDSS
- SENIOR AIRMAN ROBERT EDINGTON**
366TH EMS
- SENIOR AIRMAN KATRINA MACKSON**
366TH CONS
- SENIOR AIRMAN JOHN MILLER**
366TH CMS
- SENIOR AIRMAN ADAM MORA**
366TH MOS
- SENIOR AIRMAN DAWN PALMISANO**
366TH CES
- SENIOR AIRMAN JOSEPH SIKORA**
366TH LRS
- SENIOR AIRMAN JEREMY TINKER**
366TH OSS
- SENIOR AIRMAN JAMES WILLIAMS**
366TH LRS

FTAC Awards

Congratulations to Airman 1st Class Erin Lefever, 366th Component Maintenance Squadron, and Airman 1st Class Kyle Loader, 390th Aircraft Maintenance Unit, on receiving the First Term Airmen Center’s “Sharp Troop” award for being the top performers of Class 06R.

Congratulations to Airman Kenneth Hillyer, 366th Security Forces Squadron, on receiving the First Term Airmen Center’s “Gunfighter Pride” award for Class 06R.

NEWSLINE

MDG closure

The 366th Medical Group will close at 11 a.m. today for an official function. The pharmacy will also close at 11 a.m. The emergency room will remain open for immediate health care needs.

School sports physicals

The 366th Medical Group is holding mass processing’s for school sports physicals Aug. 18 and 25 from 2:30 to 5:30 p.m. To schedule an appointment, call the Tricare Appointment Line at 828-7900. The school physical paperwork must be brought to the appointment.

Costume contest

The commissary is hosting a “70’s Disco Costume Contest” Tuesday at the commissary. Prizes will be given to the top three costumes.

Annual Airmen Barbecue

The Chief’s Group, First Sergeant’s Council, Top Three Enlisted Group, Asian Pacific Heritage Group and base chapel invite all senior airmen and below to the summer barbecue Aug. 18 from 4 to 8 p.m. at the LRS pavilion, across from the Airmen’s Center.

Unlicensed daycares

Individuals in base housing caring for children other than their own for more than 10 hours each week on a regular basis must be a licensed child care provider. For more information about the program, call Greta Raneý at 828-6715.

MOUNTAIN HOME AIR FORCE BASE'S 'WARRIORS OF THE WEEK'

Airman 1st Class Shannon Roberts

Unit and occupation: Medical technician with the 366th Medical Operations Squadron

Time in the service: One year

Time at Mountain Home Air Force Base: Four months

Hometown: Bryant, Ark.

Hobbies: Playing basketball, running, playing the guitar, writing and collecting artwork.

Most memorable Air Force experience: “The day I found out I passed the National Registry. I waited four hours for the results because the computer system crashed. After they finally received the scores, they called us out to tell us if we passed or failed. It was down to me and four other students and my nerves weren’t so good.”

What service do you provide to Gunfighters? “I ensure complete health and comfort to the Gunfighters, including new Air Force moms and dads.”

Interesting fact: “After I complete my 5-level and CCAF degree, I plan to return to college and hope to receive a commission from the Air Force upon completing my bachelor’s degree in clinical lab science.”

Why does Airman Roberts deserve to be a warrior of the week? “Airman Roberts has received many compliments from nurses, co-workers and patients on her professionalism, dedication and calm demeanor during an urgent caesarean section. She is also always willing to take on intense extra duties.”



PHOTO BY 1ST LT. ERIN TINDELL

— Tech. Sgt. Jenina Rose, 366th MDOS family care unit NCOIC

Dr. Yvette Ward

Unit and occupation: Civilian Psychology Services chief with the 366th Medical Operations Squadron

Time at Mountain Home Air Force Base: Nine months

Hometown: Boise, Idaho

Hobbies: “I serve on the Board of Directors of Faith In Action of Boise. I am also a long-time member of a book club and just completed a three-year presidential term for the Idaho Psychological Association.”

Most memorable Air Force experience: “Standing retreat with my father at his reunion of the World War II Burma Bridge Busters last year at Malmstrom Air Force Base, Mont. It gave me a sense of being part of something very important. I felt part of a historical moment as I supported my father and knew that he had been fighting for us as much as for himself and the Air Force.”

What service do you provide to Gunfighters? “I provide support, encouragement and a listening ear during periods of stress and transition in Airmen’s personal and professional lives. I also teach depression management and conduct screening interviews for cross-training applicants.”

Interesting fact: “I am a former techno-geek (computer systems analyst) who took 29 years to earn my first college degree. After my children left home, I earned my doctorate in psychology and changed careers.”

Why does Dr. Ward deserve to be a warrior of the week? “Dr. Ward has shown great dedication and loyalty to the Gunfighters. She has gained an immense amount of military knowledge and gone out of her way to discover her role in our mission and how she can best assist Gunfighters.”



PHOTO BY 1ST LT. ERIN TINDELL

— Maj. Ellen W. Ballerene, 366th MDG mental health flight commander

Straight Shootin'



A 366th Security Forces Squadron member loads ammunition into a magazine during M-9 training.



Staff Sergeant James Parker, 366th Security Forces Squadron combat arms training instructor, demonstrates to students how to properly position themselves during M-9 training.

PHOTOS BY STAFF SGT. KATHY PARKER



Members of the 366th Fighter Wing fire at qualification targets while wearing their gas masks. Combat arms training instructors train Gunfighters on proper and safe handling of weapons and keep them ready to deploy.



Sergeant Parker scores a trainee's target following their M-16 training. The qualification classes are half a day.

SECURITY FORCES ON PATROL

COURTESY 366TH SECURITY FORCES SQUADRON

The 366th Security Forces Squadron responded to the following incidents at Mountain Home Air Force Base from July 31 through Sunday.

Note: Names were removed to protect the privacy of the people involved and everyone is considered innocent

until the appropriate command action has been taken.

There were a total of two traffic citations issued during this period.

July 31

Two people were arrested for underage drinking and damage to government property at Dormitory 2412. Two wooden chairs were broken at the dormitory.

Aug. 1

A person called the 366th Security Forces Squadron helpdesk and reported that his private vehicle was struck by an unknown vehicle while he was shopping in the Shoppette. The car sustained approximately \$1,000 worth of damage.

Aug. 2

A person called the 366th SFS helpdesk

to report that he struck a privately owned vehicle while he was performing his sanitation duties in the Woodland Grooves housing area. A patrol responded to the call and gave out a ticket.

Aug. 4

A person called the 366th SFS helpdesk to report that he was involved in a minor vehicle accident at East Mellen Street and

North Mellen Drive (in the construction area). The person said he was driving on an unimproved road and hit an uneven surface, which caused his attached trailer to sway and hit another vehicle. The damaged vehicle sustained about \$500 worth of damage. A patrol responded and issued a minor vehicle accident worksheet.

SOFTBALL STANDINGS

American League		
Team	W	L
366th CMS A	14	0
366th LRS A	12	2
Comm	10	3
Ammo	9	4
366th LRS B	8	8
366th CMS C	7	6
Medics	5	10
366th CES A	4	12
Bold Tigers	Forfeited	
366th CMS D	Forfeited	

National League		
Team	W	L
Hardrock	11	0
366th CES B	10	2
Gunfighters	9	4
Defenders	8	5
366th MOS	7	5
366th OSS	7	6
366th EMS 2	5	5
Services	4	9
366th CMS B	3	8
Wild Boars	Forfeited	

GAME SCHEDULE

American League	
Monday	
5 p.m. — Medics vs. 366th CMS A	
6 p.m. — 366th LRS B vs. Ammo	
7 p.m. — 366th CMS C vs. Bold Tigers	
8 p.m. — Longhorns vs. Comm	
Wednesday	
5 p.m. — Medics vs. 366th CES A	
6 p.m. — Ammo vs. Bold Tigers	
7 p.m. — Comm vs. 366th CMS C	
8 p.m. — 366th CMS A vs. Longhorns	
All games played on Field 2	
National League	
Tuesday	
5 p.m. — 366th EMS B vs. 366th CES B	
6 p.m. — 366th MOS vs. Services	
7 p.m. — 366th CMS B vs. Gunfighters	
8 p.m. — Hardrock vs. 366th OSS	
Thursday	
5 p.m. — Services vs. 366th EMS 2	
6 p.m. — 366th CES B vs. Hardrock	
7 p.m. — Defenders vs. 366th CMS B	
8 p.m. — 366th OSS vs. 366th MOS	
All games played on Field 2	

SPORTS WRAP

By MASTER SGT. BRIAN S. ORBAN
GUNFIGHTER PUBLIC AFFAIRS

Information for this column is compiled from reports submitted by coaches and unit sports representatives. For details on submitted information to this column, call the Gunfighter staff at 828-6800.

Intramural Softball

Comm silences Loggies
The 366th Communications Squadron softball squad capitalized on errors in the field and rallied to score eight runs in the bottom of the sixth to roll over the 366th Logistics Readiness Squadron B team 17-4 during American League action July 26.
The umpires called the game at the end of the sixth when they imposed the 10-run rule.
Comm relied on its solid defense and timely hitting to stay ahead of the Loggies, according to coach Chris Hendee.
“After we jumped out to a 7-0 lead in the bottom of the first, [LRS] hung tough to make the score 8-4 after four innings, but then we pulled away in the fifth and sixth innings,” Hendee said.
Comm’s lead-off hitter Kyle Shields went 3-for-4 at the plate to set the game’s tone.

Longhorns stampede Engineers
The 366th Logistics Readiness Squadron Longhorns sent 13 people to the dish to score eight runs on nine hits in the sixth inning to rope the 366th Civil Engineer Squadron A squad 19-6 in their July 26 contest.
Longhorn infielders Kyle Norman, Mark “Brink-daddy.com” Brinkman, Mark Novak, Mark Johnson and Jeremiah Fentress led the team as they stayed error free in the field, turned three inning-ending double plays then went 15-18 at the dish to score 14 of the team’s 19 runs.
The game remained close until the sixth when the Longhorns shot out of the gate with critical hits to sway the game’s momentum to their favor then closed out with great defense in the bottom of the frame, according to Novak, the Longhorn’s coach.
Mark Johnson was 3-for-3 at the plate with a triple to lead the Longhorns. Donovan Horning went 3-for-4 with a double while Norman, Brinkman, Fentress and Sean Birdsong all went 3-for-4 for the Longhorns.

PRACTICE MAKES PERFECT



PHOTO BY SENIOR AIRMAN BRIAN STIVES

Col. Chris Chambliss, 366th Fighter Wing vice commander, and Chief Master Sgt. Allen Niksich, 366th FW command chief master sergeant, practice for the upcoming Air Force Sergeants Association golf tournament.
Chapter 1164 of the AFSA, is sponsoring a four-person scramble golf tournament Aug. 18 at Mountain Home Air Force Base’s Silver Sage Golf Course. The cost for the tournament is \$120 per team or \$30 to sign up individually to be placed on a team. Registration begins at 10 a.m., lunch will be served at 11 a.m. and the shotgun start will be at noon.
Proceeds from the tournament go to unfunded programs needed at the Veteran’s Home in Boise.
For more information or to register, call Carl Olsen at 828-4878, Staff Sgt. Mindi Olsen at 828-7407 or Senior Airman Daniel Choe at 828-2444.

UPCOMING SPORTS

Mountain Home challenge
Try your hand against some of the best bowlers in the state of Idaho Aug. 19 at 1 p.m. The tournament consists of six games of qualifying and then match play for the top qualifiers. For more information, call the base bowling center at 828-6329.

Winter leagues forming
Sign up for winter leagues is currently underway at the base bowling center.
Monday leagues
Intramural – 5 p.m. Meeting is Monday
Monday Night Football – 8 p.m. Starts Sept. 11
Tuesday league
Tuesday Night Sport – 7 p.m. Starts Sept. 5
Wednesday league
Wednesday Night Mixed – 7 p.m. Starts Sept. 6
Thursday league
Thursday 9 Pin No-tap – 7 p.m. Starts Sept. 7
Friday leagues
Friday Night Mixed – 7 p.m. Starts Sept. 8
Friday Thunder Alley – 10 p.m. – Starts Sept. 8
Saturday league
Saturday Youth – 9 a.m. Starts Sept. 16
Sunday league
Superman (Junior/Adult) – 4 p.m. Meeting is Sept. 10

Dodge ball tournament
The fitness center is hosting a dodge ball tournament today beginning at 9 a.m. Teams must have six or more players and be 18 years of age or older. For more information, call the fitness center at 828-2381.

Intramural paintball league
The Outdoor Adventure Program is starting an intramural paintball league. If interested, see your squadron sports representative. The season will begin in September, right before football season starts. For more information, call at Outdoor Recreation at 828-6333.

Ads

SERVICES

Auto skills center

Contract services — The center’s contract mechanic and paint and body technicians offer their services on an appointment only basis. For details or to make an appointment, call 828-2295.

Bowling center

Family special — Bowl for \$1 a game each Sunday. For details on this and other bowling specials, call 828-6329.

Snack bar — The bowling center’s snack bar now opens for breakfast at 8 a.m. Saturdays and Sundays.

For more information, call 828-6329.

Arts and crafts

Frame and matting class — The center is holding a beginner’s framing and matting class Tuesday. The class is designed for those ages 16 and up and costs \$25 per person, which doesn’t include materials.

Community center

Tops in Blue — Tops in Blue will perform on base today beginning at 7:30 p.m. at Hangar 204. Doors will open at 7 p.m.

Chess club — The center’s chess club meets from 5 to 8 p.m. Thursdays. The club is free and open to all ages and experience levels.

Missoula Children’s Theater — The center hosts the Missoula Children’s Theater from Monday through Aug. 19. Auditions will be held at the center Tuesday beginning at 9 a.m. Children currently in grades kindergarten through 12 are eligible to participate.

For more information on these and other community center events, call 828-2246.

Library

Summer reading program — The final summer reading program will be Wednesday at 1 p.m. An ice cream social and summer reading winner prizes will be offered at the final reading.

Café hours — The Pony Espresso Café opens from 6:30 a.m. to 5:30 p.m. Monday through Friday and serves a variety of coffee drinks, smoothies and pastries. Join the drink club, purchase 10 drinks get the eleventh free.

Video club — Yearly memberships are \$12, and members can borrow up to three videos at a time for up to one week.

Multi-media center — The library’s multi-media center features color copier, scanner and photo printing services. For more information, call 828-2326.

Outdoor recreation supply

Available to rent — Outdoor recreation rents a variety of party equipment,

including bouncy castles, spaceships, boxing rings and giant slides. People must pay a \$20 deposit when they make their reservations.

Fishing boat rentals — Fishing boat rentals start at \$40 for the weekend (pick up Friday, return by 10 a.m. Monday). Additional days start at \$10.

For more information, call 828-2237.

Pizza Etc.

August special — People may order a steak sandwich and a 24-ounce soda for \$3.95.

Gunfighters Club

Gunfighter’s Night Buffet — This month’s Gunfighter’s Night Buffets will be Aug. 23 from 5:30 to 7:30 p.m. The cost is \$3.66 for adults and \$1.80 for children.

Cook Your Own Steak or Chicken — Every Thursday in August in the Six-Shooters Lounge. The cost is \$3.95 for steak or chicken, baked potato, salad and roll.

CHAPEL

Catholic services

Sunday Mass — 8 a.m.

Daily Mass — Wednesdays, 11:30 a.m., chapel annex

Religious education — 9:30 to 10:45 a.m. Sundays for those ages three and up, Religious Education Building

Protestant services

Sunday school — 9:30 to 10:30 a.m. for those ages 6 months and up, Religious Education Building

Traditional service — Sundays, 10 a.m. Includes children’s church for those ages 4 to 8 and wee joy service for those ages 6 months to 5 years.

Jubilee Full Gospel Baptist Service — Sundays, 2 p.m.

Protestant Women of the Chapel — Wednesdays, 10 a.m. to noon, Holt Park.

All Sunday services held at the community center.

EDUCATION

Embry-Riddle University

Registration continues for Embry-Riddle Aeronautical University’s fall term. The semester runs through Oct. 1 and classes include math, English, speech, history and management classes for Community College of the Air Force degrees. The base campus also offers a bachelor of science degree program in technical management. For more information, call 828-4190 or 832-2222.

VIPER VISITS ... BITC



PHOTO BY AIRMAN 1ST CLASS ROBERT RICHARDSON

Airman Karen Bath and Viper deliver mail to the 366th Fighter Wing Headquarters building. Airman Bath works at the 366th Communications Squadron Base Information Transfer Center and is responsible for making sure mail is delivered to all of the base agencies.

Boise State University

Fall enrollments are currently under way. Classes begin Aug. 21. To guarantee a seat in a class register early. Boise State now offers all eCLEP’s with immediate results. For more information, stop by Room 213 of the education center.

Park University

Online classes begin Aug. 21. For more information, visit www.park.edu or stop by the office, located in Room 214 of the education center.

WELLNESS

Free Microsoft Word class

The Family Support Center sponsors a free Microsoft Word class in partnership with Boise State University. Classes will be held Thursday evenings from Aug. 24 to Sept. 14. To be eligible, the individual must be an active duty Air Force spouse, have a high school diploma or equivalent, be able to attend all the classes and have basic typing or computer skills. Upon successful completion of course, attendee will receive one college credit. Class size is limited. To register, call the family support center at 828-2458.

“Four Lenses Colors” workshop

The family support center hosts its “Four Lenses Colors” behavior and interpersonal communication workshop from 8 to 11 a.m. Thursday at the center. The class helps people bridge the gaps in communication within their career, family and personal relationships. To register, call 828-2458.

Siblings’ workshop

Family advocacy hosts its next siblings’ class at 10 a.m. Wednesday at the clinic. The class helps children understand and deal with the unique relationship of being a new brother or sister and what to expect when the baby arrives. Classes are geared for those ages 2 and up. To register, call 828-7566 or 828-7520.

Heart Link

Learn to adjust, adapt and belong to the Air Force family. This interactive and informative program gives spouses the tools to understand and navigate through the Air Force mission, customs, traditions and support services. With the Heart Link advantage spouses have the tools to take care of themselves, their family and community. This class will be held at the Gunfighters Club Aug. 18 from 8:30 a.m. to 2 p.m. To register, call 828-2458.

Resumé Workshop

Learn how to inventory experiences, write accomplishment statements, select a format, edit and evaluate work. Class will be held at the family support center

Aug. 22 from 8 a.m. to 4 p.m. To register, call 828-2458.

Stress management

The health and wellness center’s next stress management class runs from noon to 3 p.m. Sept. 13 at the HAWC. The class helps students improve their ability to cope with stress and how to deal with uncertainties of life. To register, call 828-2458.

HOUSING NOTES

Watering rules

According to housing officials, watering in base housing is done on a zone schedule.

Residents of Dunes, Presidential Acres and the 8000 area may water on odd number days and all other areas can water on even number days. Watering hours for all areas are from 5 to 9 a.m. and 6 to 10 p.m.

For best results, grass should be cut to between three and five inches. Taller grass shades itself; therefore, the lawn requires less water.

According to housing officials, write-ups will be issued for brown grass and watering out of the allowed watering times. Occupants violating the watering policy will receive a written notice on the first violation and a \$25 administrative fee for each additional write-up.

Housing residents out of the area for an extended amount of time are reminded to put someone in charge of their home to keep up with lawn maintenance.

If a sprinkler system has been installed in the yard and the lawn is turning brown, call housing maintenance 832-4643. Housing residents should not adjust their sprinkler systems.

Pet complaints

Complaints involving pets barking and running loose, plus owners who do not remove pet waste from yards and common areas are on the rise, according to base housing officials.

In order to help maintain a quiet, clean and safe environment for housing residents, the housing office needs the help of not only the pet owners, but individuals who witness violators.

- Pet owners must follow these rules:
- Pets must be confined at their residence by having them chained, fenced, penned and exercised under the immediate owner’s control (leash).
 - Owners may exercise their animals off leash in open areas (parks, desert, etc) if under the positive voice control of a responsible individual.
 - Owners are responsible for removing pet waste from the parks and common areas.
 - Pets are to be adequately housed, fed and watered.
 - Clean up of pet feces is a daily task.
 - Pets must be registered with the

base veterinarian office.

- Family households on-base are limited to two pets (cats or dogs). Approval for more than two pets must be obtained in writing through the housing office from the 366th Support Group commander.

- Wild or exotic animals such as snakes, ferrets, etc., are not allowed in base housing.

Stray animals should be reported to the 366th Security Forces Squadron at 828-2256. The charge for retrieving a pet from the 366th SFS is \$25 for the first day and \$25 for each additional day, not to exceed \$100.

During normal duty hours, call the housing office at 828-2781 to report a pet nuisance complaint.

After duty hours, call the 366th SFS at 828-2256 to report all animal related incidents and complaints.

OUTSIDE THE GATES

Western Idaho Fair

Idaho’s biggest fair with top entertainers nightly, 4-H exhibits, a carnival, food, games and more. The fair runs Aug. 18 through 26 at the Western Idaho Fairgrounds in Boise.

Foxall Fiddle Fandango

The first Foxall Fiddle Fandango will be held Aug. 19 from 4 to 9 p.m. at the “Still Standing Barn,” located at 8596 W. Highway 52 (Mile Post 21, across from Bishop Road) in Emmett, Idaho. The free event will feature music from Idaho’s Buckhorn Mountain Boys and Guest and local food and craft vendors will provide refreshments and “must have” items. There will be horse shoes and other games for everyone’s enjoyment.

Vietnamese Moon Festival

The Moon Festival is an ancient Asian tradition giving thanks for another successful harvest. The festival features Vietnamese food, songs, dances, “moon cakes” and the “lion dance.” The festival is Aug. 19 at the Boise State University Student Union Building. Doors open at 5:30 p.m. and the show begins at 6:30 p.m. For more information, call (208) 426-1677.

Idaho Botanical Garden Bug Day

Learn about the exciting world of bugs in an adventurous environment from 9 a.m. to 3 p.m. Aug. 26 at the Idaho Botanical Garden in Boise. Earn a “Certificate of Bugology,” purchase edible insects, play Bug Bingo, participate in Insect Olympics and catch live bugs. Refreshments available on site.

THE BIG SCREEN

Today — **Superman Returns** — PG-13 — 7 p.m. — *starring Brandon Routh and Kate Bosworth.*

Following a mysterious absence of several years, the Man of Steel, comes back to Earth, but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heart-breaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Superman’s bittersweet return challenges him to bridge the distance between them while finding a place in a society which has leaned to survive without him. *2 hours, 33 minutes.*



Saturday and Sunday — **Pirates of The Caribbean: Dead Man’s Chest** — PG-13 — 7 p.m. — *starring Johnny Depp and Keira Knightley.*

Once again thrown into the world of the supernatural, Captain Jack Sparrow finds out he owes a blood debt to



the legendary Davey Jones, captain of the ghostly Flying Dutchman. With time running out, Jack must find a way out of his debt or else be doomed to eternal damnation an servitude in the afterlife. If this wasn’t enough, the captain’s problem manages to wreck the wedding plans of Will Turner and Elizabeth Swann, who are forced to join Jack on yet another misadventure. *2 hours, 25 minutes.*

Monday — **The Devil Wears Prada** — PG-13 — 7 p.m. — *starring Meryl Streep and Anne Hathaway.*

In the dizzying world of New York fashion, where size zero is the new two, six is the new eight, and a bad hair day can end a career, Runaway Magazine is the Holy Frail. Overseen with a finely manicure fist by Miranda Priestly, the most powerful woman in fashion, Runaway is a fearsome gauntlet for anyone who wants to make it in the industry. To make Runaway the fashion bible of New York and therefore the world, Miranda has let nothing stand in her way-including a long line of assistants that did not make the cut. *1 hour, 49 minutes.*



MILITARY JUSTICE

SPOTLIGHT

COURTESY GUNFIGHTER
LEGAL OFFICE

The Gunfighter legal office administered the following disciplinary actions from July 28 to Aug. 4:

An airman 1st class from the 366th Communications Squadron received nonjudicial punishment under Article 15, Uniform Code of Military Justice, for failing to obey an order. Specifically, the airman was seen in his vehicle while on quarters. While on quarters, the airman was limited to the dorm room, dining facility and clinic. As a result of the misconduct, the airman was reduced to the grade of airman (E-2) and received seven days of extra duty, which were suspended for six months, and a reprimand.

A staff sergeant from the 366th Operations Support Squadron received nonjudicial punishment un-

der Article 15 after being found drunk on duty. As a result of the misconduct, the sergeant was reduced to senior airman (E-4) and received 30 days of extra duty.

A senior airman assigned to the 366th Equipment Maintenance Squadron was offered nonjudicial punishment under Article 15, Uniform Code of Military Justice, for failing to report to work on time. The airman submitted matters to the commander and after careful consideration, the commander determined nonjudicial punishment wasn't the appropriate disposition in this case.

An airman assigned to the 366th Civil Engineer Squadron received nonjudicial punishment under Article 15 for underage drinking. As a result of the misconduct, the airman forfeited \$300 pay, received 15 days of extra duty and a reprimand.

VACATION BIBLE SCHOOL



PHOTO BY 1ST LT. ERIN TINDELL

Jireh Jones, daughter of Diane Jones, listens to Vacation Bible School leader Tiffany Davis after playing a game during Vacation Bible School here Tuesday. This year's Vacation Bible School featured games, plays and a drive-in movie theatre. More than 130 children attended the five-day event sponsored by the base Chapel.

Ads

OUCH

Continued from Page 1

Like wolf spiders, black widow and hobo spiders hunt for food and typically only bite humans if they feel threatened.

“Usually, when most people see a spider, it’s running away,” said Sergeant Ash. “It’s when people are sleeping at night and the spider is on the bed and they roll over on it that they get bitten. That’s the only way spiders can defend themselves.”

Although both black widow and hobo spiders can yield a more toxic, painful bite than a wolf spider, most are not considered to be fatal.

“Fifty percent of all spider bites are in fact nonvenomous,” said Sergeant Ash, but treatment should be sought if initial symptoms persist or worsen.

Aside from wolf, black widow and hobo spiders, other reports of intruders that cause quite a sting but are not venomous are bees and wasps.

“We get transient swarms of bees, but they generally won’t hurt anyone, and if left alone, they usually move on in one or two days,” said Sergeant Ash.

Although a nest of wasps may not seem as easy to remedy as one or two long-legged friends, it’s not as hard as one may think. In fact, it’s easier.

“The base self-help store has aerosol sprays that instantaneously eliminate an entire wasp nest in one shot,” said Sergeant Ash. “Most of the time, people see a spider, and they drown it with bug spray – literally.”

The self-help store offers base residents a variety of pest control options at no charge, including glue boards, insecticides and baits

that assist in controlling a diverse range of pests.

Sergeant Ash said that spraying outdoors, rather than indoors, is a safe and more effective means of controlling insects that attract spiders, but it’s simply not enough.

“Ninety percent of pest problems can be controlled through preventative building maintenance and proper sanitization – sealing up cracks and holes, cutting grass, pruning shrubs away from the house, weed-eating, discarding yard waste,” said Sergeant Ash.

Despite spraying the exterior every few months, consistent maintenance and proper sanitization, Sergeant Ash said it’s still unreasonable for people to expect they will never see bugs in the house.

“This goal is pest control not elimination. You’re knocking the population down to an acceptable level,” he said.

BUGS THAT WON'T HURT YOU

FACTS	PREVENTION	THE WORST THAT COULD HAPPEN	REMEDY
Earwig <p>Earwigs have large, pincer-like protrusions at the rear of the body, which give them an evil appearance, but they don't harm people directly.</p>	The earwigs' habit of hiding leads them into trouble with people. They often come indoors to hide, or they conceal themselves under outdoor furniture, hoses, garbage cans or poor-fitting well caps.	Earwigs eat an omnivorous diet of other insects and plants. This diet can be beneficial: earwigs feed on aphids, mites, fleas and insect eggs. Unfortunately, in gardens they munch on dahlias, marigolds, lettuce, potatoes and hostas.	Look at something else.
Centipedes <p>Centipedes usually live outdoors in damp areas such as under leaves, stones, boards, tree bark or in mulch around outdoor plantings.</p>	Centipedes do not damage food supplies or household furnishings. Since they eat insects, spiders and other arthropods, they are beneficial; but most people consider them a nuisance when they wander indoors and want them controlled.	Actually, their "bites" are not caused by their jaws or mouthparts, but by the front legs which are modified to look and function like jaws and contain venom glands. Smaller species are not large enough to penetrate human skin.	Pretend you're watching the Discovery Channel.

Ads

Twelfth Air Force stepping out with AFSO21

By Tech. Sgt. Kerry Jackson
12th Air Force and Air Forces
Southern Public Affairs

A shift in thinking is occurring around the Air Force, and senior leadership within 12th Air Force and Air Forces Southern are taking the lead.

The Air Force Smart Operations 21 concept, better known as AFSO21, is the Air Force’s new roadmap to a more efficient and cost-effective way of doing business.

The initiative, introduced by Secretary of the Air Force Michael Wynne in his December “Letter to Airmen,” requires the active support of every Airman to find ways to make Air Force operations, from office work to flying aircraft, both more efficient and productive.

The basic principles of AFSO21 are:

- A means to see and eliminate waste in any mission area
- An operating principle that simplifies

how material and information flow

A state of mind and way of thinking throughout the Air Force

“AFSO21 enables our Airmen to create efficiencies that will improve combat capability,” said Lt. Gen. Norman Seip, 12th Air Force and AFSOUTH commander. “Some improvements may be reducing the time it takes to process EPRs, or the time it takes to prepare Airmen for deployment, but ultimately these gains go directly toward improving our ability to accomplish the mission.”

Air Force officials plan to implement AFSO21 in a three-phase approach tailored to meet the priorities and opportunities in their areas of responsibility.

Phase 1 (Initiation) – Air Force leaders set the vision, goals and strategy and articulate the case within their command

Phase 2 (Full implementation) – The structure is in place to sustain process improvement, to ensure key areas and personnel have been involved and understand

AFSO21 improvements

Phase 3 (Mature and sustain) – Cultural changes associated with AFSO21 are visible and pervasive across the organization, and AFSO21 is recognized as the Air Force way of doing business every day

“The three-phase approach will give commanders the ability to fully implement the strategy under their scope of command,” said General Seip.

“The underlying concept and implementation of AFSO21 will have a dynamic impact on Air Force culture as we now know it,” he said. “It will be the tool we use to successfully and effectively deliver war-winning, expeditionary capabilities (deployed and in-place) to joint commanders.”

“I challenge every Airman in 12th Air Force and AFSOUTH to ask themselves is there a way we can do this faster, cheaper, better or more efficiently? If we can ask this question in every aspect of our operations, and actually do something about it, we will leave the next generation of Airmen

in a much better condition, ready for any challenge any where in the world,” said General Seip.

General Ronald Keys, commander of Air Combat Command, shared his views on why AFSO21 is the Air Force’s tool to doing the right things in the right way.

“Faster, better, cheaper is the filter for our measure of merit,” said General Keys. “If we can accomplish the mission faster, maybe we can reduce our shift times, or maybe we will have more capability available without more equipment. If we can do it better, maybe it will last longer and we will save on repair or rework time. If we can do it cheaper, maybe we can take that money to fix something that takes money to fix. In any case we’re looking for ways to do the right things in the right way.”

Units within 12th Air Force and AFSOUTH have already begun implementing AFSO21 into their operations.

The 7th Equipment Management Squadron at Dyess Air Force Base, Texas,

has streamlined aircraft maintenance processes with AFSO21. The squadron reduced the manpower and time required to inspect a B-1 from 20 days to eight days. They have also reduced the aircraft downtime by an average of 26 days - a first in B-1 history.

“Dyess witnessed first-hand the benefits of implementing AFSO21 into their operations. They serve as an example for others to follow,” said General Seip. “Their initiatives are a few of the many examples our 12th Air Force and AFSOUTH Airmen are doing to improve our warfighting capability.

As we look into the future, I encourage every Airman to embrace the current transition our Air Force is undergoing. Your leadership and support during this critical time of change will keep America’s Air Force the best Air Force in the world, well into the 21st Century.”

For more information about AFSO21 visit <http://www.afso21.hq.af.mil>.

‘Your Guardians of Freedom’ site set to scale down

Oct. 1 will be last day to place order for pins

Air Force Print News

WASHINGTON - Budget constraints and contract services reductions have forced officials to make changes to the “Your Guardians of Freedom” Web site starting Oct 1.

The Web site enables Air Force members to order pins for employers of activated Guardsmen (E pin), parents (P pin) and spouses (S pin). Pin recipients also receive a personalized letter signed by the Air Force secretary and chief of staff thanking them for supporting the Airman’s service.

The pins are a contemporary adaptation of the World War II “E” flags used to

recognize companies for contributions to the war effort.

The program was established in November 2001 to recognize employer support of activated Guard and Reserve Airmen. It expanded in 2003 to recognize parents of total force Airmen, spouses of Airmen and Air Force civilians.

“To date more than 833,000 pins

have been delivered,” said Capt. Tynisha Jones-Vincent, YGOF program manager. “Basic training and officer accessions have been the biggest customers of the program.”

Enlisted and officer accessions will continue to have the opportunity to order and present the “P” pin to their parents or “S” pin to their spouses at their graduations.

The change to the program

leaves it open only to new accessions. Other members have until Oct. 1 to use the Web site for placing orders.

“Members still have two months to order parent pins; we will make sure all orders and backorders received through Oct. 1 are fulfilled,” Captain Jones-Vincent said.

The next phase of the program will include a new user-friendly Web

site. The “S” pin will continue to be available to order online for active-duty members through the Air Force Portal. This will allow Air Force members who have married since joining the service the opportunity to order a spouse pin.

The “E” pin will no longer be available after the Oct. 1 deadline.

Additionally, “My Mommy is an Airmen” and “My Daddy is an Airmen” books are available for distribution through base agencies. These books are aimed at elementary-aged children to help give them a better understanding of the Air Force as children of deployed Airmen.



Ads